

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in this Application:

**Listing of Claims:**

1. (Original) An exercise apparatus comprising at least one upright joined to a cross bar provided with a limb support means, the upright being of such a length that the cross bar is spaced from the floor sufficiently such that, in use, the limb support means comprises a leg support means to be positioned beneath, and to support, the legs of the user when the user is positioned beneath the cross bar, the cross bar also being sufficiently spaced from the floor such that, in use, the limb support means comprises a hand grip means to enable a user to push down on the exercise apparatus so that the exercise apparatus supports at least some of the user's weight, the limb support means comprising a concave limb support positioned centrally on the cross bar, the exercise apparatus further comprising at least one upright comprising a base portion which rests, in a first condition, in use, on the floor, and an arm portion extending away from the base portion and the floor, the cross bar being joined to the arm portion at a position distal from the base portion, the orientation of the arm portion relative to the base portion being such that the exercise apparatus can be used in a second condition wherein the exercise apparatus has been rotated through approximately 90° so that the cross bar is adjacent, in use in the second condition, the floor.

2. (Original) The exercise apparatus of claim 1 wherein the limb support means comprises two other limb supports that are relatively spaced along the longitudinal axis of the cross bar on respective sides of the concave limb support.

3. (Currently amended) The exercise apparatus of ~~any one of the preceding claims~~ claim 1 wherein the exercise apparatus comprises two spaced apart uprights each of the two other limb supports being adjacent a respective upright.

4. (Currently amended) The exercise apparatus of claim 2 ~~or claim 3~~ wherein the cross bar is further provided with at least two additional limb supports that are also relatively spaced along the longitudinal axis of the cross bar, but which extend perpendicularly away from the longitudinal axis of the cross bar.

5. (Original) The exercise apparatus of claim 4 wherein the additional limb supports are positioned between the two other limb supports so as to be spaced from the uprights.

6. (Currently amended) The exercise apparatus of claim 4 ~~or claim 5~~ wherein each additional limb support terminates in a further limb support the longitudinal axis of which is substantially perpendicular to the longitudinal axis of the respective additional limb support.

7. (Original) The exercise apparatus of claim 6 wherein the exercise apparatus comprises adjustment means operative to vary the orientation of the further limb support relative to the respective additional limb support.

8. (Original) The exercise apparatus of claim 7 wherein the adjustment means is operative such that the further limb support can be rotated through 360° about the longitudinal axis of the respective additional limb support.

9. (Currently amended) The exercise apparatus of claim 7 ~~or claim 8~~ wherein the adjustment means is operative such that the orientation of the further limb support can be adjusted to a plurality of discrete positions relative to the additional limb support.

10. (Currently amended) The exercise apparatus of ~~any one of claims 7 to 9~~ claim 7 wherein the adjustment means comprises a plug formed on one of the additional or further limb supports, and a socket on the other of the additional or limb supports, the socket, in use, receiving the plug and engaging the plug to retain the plug in an orientation relative to the socket, the orientation being adjustable by removing the plug from the socket and reinserting the plug in the socket in a different orientation.

11. (Original) The exercise apparatus of claim 10 wherein the plug and socket are both of square cross section so that the plug can be received in the socket in one of four discrete orientations.

12. (Currently amended) The exercise apparatus of ~~any one of claims 2 to 11~~ claim 2 wherein the two other limb supports are concave so as to positively locate the limb of the user on the two other limb supports.

13. (Original) The exercise apparatus of claim 12 wherein the two other limb supports and the first concave limb support together are of waved formation.

14. (Currently amended) The exercise apparatus of ~~any one of claims 3 to 13~~ claim 3 wherein the uprights and the cross bar are removably joined together such that the exercise apparatus is collapsible.

15. (Currently amended) The exercise apparatus of ~~any one of the preceding claims~~ claim 1 wherein the arm portion extends away from one end of the base portion to a position substantially above the mid point of the base portion.

16. (Original) The exercise apparatus of claim 15 wherein the arm portion is inclined from the base portion.

17. (Original) The exercise apparatus of claim 16 wherein the angle between the arm portion and the base portion is between 30° and 90°.

18. (Original) The exercise apparatus of claim 17 wherein the angle is substantially 45°.

19. (Currently amended) The exercise apparatus of ~~any one of the preceding claims~~ claim 1 wherein the or each base portion is provided with a handgrip.

20. (Original) The exercise apparatus of claim 19 wherein the orientation of each handgrip relative to the respective base portion is adjustable.

21. (Original) The exercise apparatus of claim 20 wherein the orientation of each handgrip is adjustable by rotating the longitudinal axis of the handgrip relative to the respective base portion about an axis that is perpendicular to the longitudinal axis of the base portion.

22. (Currently amended) The exercise apparatus of claim 20 ~~or claim 21~~ wherein the orientation of each handgrip is adjustable to a plurality of discrete positions.

23. (Original) The exercise apparatus of claim 22 wherein the orientation of each handgrip is adjustable to four discrete positions.